Промінь
Promin

Будуємо церкву
Building a Church

Стефанія Туркевич, Композиторка
Stefania Turkevych, Composer

Готуємо насіння
Preparing Seeds During Covid-19

СОЮЗ УКРАЇНОК КАНАДИ

October/November 2020 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LX

жовтень-листопад, 2020 р.

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Canada

РЕДАКЦІЙНА

EDITORIAL

ПРОМІНЬ
60 Років

Leona Bridges
Editor

Дорогі Читачі!

Промінь старається бути доречним своїм передплатникам та українсько-канадському суспільстві. Мені приємно, що *Промін* мав та має свій уплив на Вас, на членів Вашої родини, на Ваших парафіяльників. Навіть осягнув осіб поза наших читачів. Чи Ваша організація повинна використати цього журналу подаючи до кожного числа свої новинки?

За минулий рік, *Промін* подав пояснення змін рецептів колача, дав знати як пекти паску без ґлютену, познайомив читачів з різними незнаними художниками, ушанував стародавню українську «зелену» традицію бджільництва, пригадав письменникам про важливість української дійсної ортографії, звеличав українську вишивку, просвітлив комусь велич малярство своєї Тети, розказав історію типічного, самостійного піонера (Яким Федорчук у цьому числі) який, незважаючи на гірку долю, став успішним хліборобом Канади. У минулому, *Промін* розповів про плавець, яка нас заохочує бути більш активними; про музикантів репресовані Сов'єтським Союзем, які показують нам, що повиині бути пружнішими; молитва Ісуса Христа, яка вказує нам розвинутися духовно. *Промін* подає важливі інформації.

Промін міг би також осягнути більше членів нашої громади. Будьте ласка, подайте нам свої обіжники, що два місяці. Ми готові їх надрукувати в *Променеві*. Усі ми використаємо фінансово!

У цьому числі, знайдете лист редакторці написаний новим передплатником. Прочитавши в *Промені* про художницю, Олену Василинчук, він купив її пейзаж. Бачите! Вміємо поштовхати!

Леона Фарина Бриджес

Dear Readers,

Promin makes an effort to be relevant to its subscribers and to the Ukrainian Canadian community. I am heartened that *Promin* has influenced you, your family members and your fellow parishioners. It has even managed to reach people outside our readership. Could your organization benefit from having a regular column in this journal?

Within the past year, *Promin* has unravelled the mysteries of kolach-making, offered gluten-free paska, familiarized readers with Ukrainian Canadian artists they had never heard of, honoured the ancient Ukrainian environmentally green tradition of bee-keeping, reminded writers of the importance of true Ukrainian orthography, exulted the art of Ukrainian embroidery, connected someone with her great aunt's significance to Canadian art, featured the story of a typical, self-reliant pioneer (Yakim Fedorchuk in this issue) who, despite the odds, goes on to become a successful farmer in Canada. In the past, *Promin* has talked about long distance swimmers who can inspire us to better fitness, repressed musicians of Soviet-era Ukraine who can inspire us to be more resilient, the Jesus Prayer which can inspire us to be more spiritual. It has engaged people by offering relevant information.

EDITORIAL

Promin would be happy to accommodate organizational newsletters on a regular basis. It might be quite cost effective.

In this issue, you will find a letter to the editor by a new subscriber to *Promin*. By reading about Arlene Wasylynchuk in *Promin*, he was influenced to buy one of her landscape paintings. How about that for impact?!

Sincerely,
Leona Faryna Bridges

DEADLINES

Please note that the deadline for submissions for our **December - January** issue is

October 20, 2020

Upcoming submission deadlines are:

Dec - Jan issue - October 20, 2020
Feb - Mar issue - Dec 20, 2020
Apr - May issue - Feb 20, 2021

For more information contact:
bridgesl@telus.net or
780-619-4416 (mobile)

Front Cover:

Geri & Victor Nakonechny in Trudovach 1995

Back Cover:

Various murals by Michelle Loughery.

PROMIN SUBSCRIPTION FORM/ПЕРЕДПЛАТА НА ПРОМІНЬ

Canada $30/year, USA $60/year

New ______ Renewal ______ Gift ______

Name ____________________

Address ____________________

City ____________________ Prov ______ PC/Zip ____________

Phone ____________________ Email ____________________

Amount remitted: $_______ for one year, or $_______for two years.

Any additional remittance will be considered a donation to the Press Fund; thank you!

If gift, indicate from whom ____________________

Donation to PROMIN Press Fund $________ In Memoriam Donation $__________

In memory of ____________________

Submit cheque or money order to:

PROMIN - UWAC 3019 - 43 B Ave NW, Edmonton, AB, T6T 1C1

DONATIONS

Donations to Promin Press Fund

- Armanios, Vicky, Winnipeg, MB — $ 50.00
  Celebrating mother Anna Siryj's 102nd birthday
- Bednarsky, Dushan, Edmonton, AB — $ 40.00
- Samojlenko, Walentyna, Kirkland Lake, ON — $ 20.00

Donations in Memory of...

- Ewanchuk, Ann, North Battleford, SK — $ 20.00
  In memory of father Mike Shpak, mother, Erinka Shpak, sister Nastunya-Andersson, brothers Walter, Johnny, Louie Shpak (Spak)
- Holden, Marie, Edmonton, AB — $ 100.00
  In memory of parents, Anton and Malania Michaliuk, sisters Olga Chornoluk and Rose Chornoluk, niece Mary Ann Euchuk
- Jurychuk, Diana, Burlington, ON — $ 50.00
  In memory of parents Eli and Olga Moisiuk (20 years)
- Manulak, Evangeline, Winnipeg, MB — $ 70.00
  In memory of husband Walter Manulak
- McNee, Stephanie, Fallis, AB — $ 40.00
  In memory of mother Mary Sedor
- Smerchanski, Helen, Winnipeg, MB — $ 100.00
  In memory of parents William and Jessie Tureski, Rainy River, ON
- UWAC Lesia Ukrainka Branch at St. Elia, Edmonton, AB — $ 200.00
  In memory of member Pearl Shopik, in memoriam article in this issue
- UWAC Manitoba Provincial Executive, Winnipeg, MB — $ 100.00
  In memory of Executive members: Elaine Salamon, 2nd Vice-President and Outreach Officer to Manitoba (d. 07-01-20), Margaret Petrak, Ukrainian Museum of Canada UWAC, Manitoba Branch (d. 12-01-19), Mary Maruschak, Member without Portfolio and Telephone Committee Member (d. 04-12-19)

May their Memories be eternal. Вічная пам'ять!

Dear Leona,
I've spent the morning in my peaceful little backyard, reading every word in the 40 pages of the August/September issue of PROMIN which just arrived. So well researched, presented and edited again. Also, informative, wow! The problem is that now I have to wait 2 months for the next issue

Marian Strus,
Oakville, ON

Dear Promin Staff,
CIX!
The Manitoba Provincial UWAC executive hopes you are all keeping healthy and safe in these difficult times of the COVID pandemic. God bless you for the wonderful work you do in publishing Promin.

Val Noseworthy,
Winnipeg, MB

Hi, Leona,
My Promin came in the mail today. Thank you so much for including the article about the "Embroidered Memories" exhibit and featuring it on the cover. It was an honour to have the opportunity to showcase the needlework of so many Soyuzanky—and the support of the Ukrainian Women's Association of Canada and the many branches of the Ukrainian Museum of Canada contributed immensely to the success of the project.
I appreciate all the endorsement.
Take care.

Larisa Sembaliuk Cheladyn,
Edmonton, AB

Dear Betty,
Glory to Jesus Christ! Enclosed is my renewal. Wishing you our Lord's blessings as you work for His glory in acknowledging the work of His "sisters" in His vineyard.
На все добре із Богом,

О. Богдан Демчук,
Саскатун, СК

Dear Betty,
My Promin subscription does not expire until November, however, I am sending my renewal now. I do not want to miss any copies. Every copy I receive is outstanding.

Mary Dymianiw,
Edmonton, AB

Dear Leona,
I confess that I belong to the demographic known as the man who snoops in his Mother's Promin when he visits her house. In particular, I have always found "For the Love of Gardening" to be a treasure house of information for the amateur horticulturalist.
The two most recent "Artists in the Spotlight" articles on Arlene Wasylynchuk (June/July 2020) and Ann Harbuz (August/September 2020) were outstanding. After seeing the beautiful images of Arlene's paintings featured in Promin, I was moved to acquire one of her landscapes for my own collection.
Enclosed please find a two-year subscription with a donation to the Promin Press Fund.
Best regards,

Dushan Bednarsky,
Edmonton, AB

To the Promin Administrator:
Please accept this donation in memory of my parents, Mr. William and Mrs. Jessie Tureski, lifetime members of Holy Trinity Cathedral in Winnipeg and of the Church in Rainy River, ON.

Helen Smerchanski,
Winnipeg, MB

Dear Betty,
I read your message in this issue of Promin and realized that I had totally forgotten to renew my subscription. LOL! Here it is!

Joanne Ternovoy,
Foisy, AB

Good morning, Leona:
The August/September issue of Promin was recently received at The Ukrainian Orthodox Church of All Saints in Camrose, Alberta. I picked it up, encountered a certain article, and thought that my story might interest your readers.
My name is Phyllis (Hawryliw) Horne. In 2008, my husband and I retired and moved to Camrose, AB from Fort Saskatchewan, AB. After moving, we realized there was a Ukrainian Orthodox Church five minutes from our home. In the fall of 2008, I started attending services there and began volunteering to make pyrohy and cabbage rolls. On one of those occasions, the long-time members of the church asked where I was from and about my family history. I told them I grew up in Fort Saskatchewan, however, my parents were both from Saskatchewan. They wanted to know where in Saskatchewan. I stated that my Mom came from Hafford and she

was a Werezak. My grandmother was a Klopoushak and my great grandmother was a Harbuz. One of the members mentioned that the name Harbuz was very familiar and that person kept repeating it most of the morning. During lunch, I decided to take a look around the hall and, wouldn't you know, I discovered paintings by Ann Harbuz, my great great aunt. This was a wonderful discovery! All the members of the church cherish these paintings. Here are photos of what I discovered!!! Going back in the church records, Uncle Mike and Aunty Ann Harbuz were members of All Saints while they lived in Ponoka. I suspect that the paintings done of Ukraine were representations of her parents' memories of the old country, as Ann was born in Canada.
I hope this story brings pleasure to everyone who reads it.
God Bless,

Phyllis Horne,
Camrose, AB

Editor's Note: Thank you so much, Phyllis, for sharing your story with us! I remember you as the daughter of the late Taras and Natalie Hawryliw of Fort Saskatchewan, AB, long-time members of St. John's Cathedral in Edmonton. Your Dad was a beloved member of the choir and your Mom helped make our pyrohy and cabbage rolls.

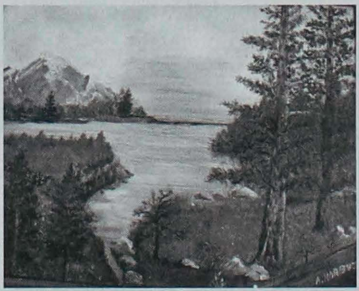
Do you have something to say? We look forward to hearing from you!

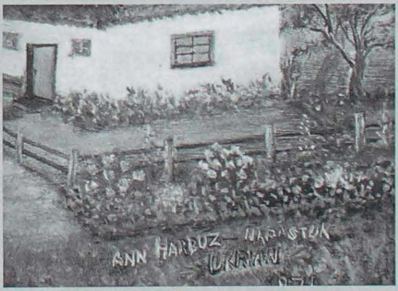
bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

More Images by Ann Harbuz/Додаткові малюнки Анни Гарбуз





UWAC National President

Darcia Moskaluk-Rutkay
President

MESSAGE FROM NATIONAL PRESIDENT, DARCIA MOSKALUK-RUTKAY

The year 2020 has certainly been a tumultuous year for so many reasons. We cannot allow this turbulence to rule our lives. It is the time for giving thanks, for being grateful and expressing appreciation. Scientifically, this has been proven to reduce depression, lower blood pressure, increase energy and happiness. This is something that we should do not only in October and November. It should be practiced everyday.

Our Orthodox Christian upbringing and daily biblical readings also reflect this.

Phil 4:4 "Rejoice in the Lord always... Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God."

Ps 118:24 This is the day that the Lord has made; let us rejoice and be glad in it."

Even in our most difficult times, God knows our needs, but rejoices in our prayers. I praise him and ask only that He hear my prayers.

"Gratitude is a virtuous force in good times and may have even more positive power in bad times. During a difficult time, gratitude is more important than ever. Research shows that gratitude can help us cope with traumatic events, regulate our negative emotions, and improve our wellbeing. More importantly, gratitude can have a positive effect on our friends and family, too. It's a small way to have a meaningful impact." states Ryan Fehr*. He recommends the following steps that you can take to cultivate gratitude:

1. Write your gratitude on paper.
2. Have a gratitude conversation.
3. Tell someone you appreciate them.
4. Pay it forward by showing your gratitude by helping in some small way.
5. Reflect upon gratitude and repeat.

So here goes:

1. I am grateful for My Lord

and Saviour Jesus Christ, my Family, my Parish Family and Parish Priest, my UWAC Executive, my USRL family.

2. This message carries my gratitude to my people so they may know how much they all mean to me.

3. I appreciate the wisdom of my elders and those who are wiser.

4. I try to speak to those who may not hear others, to communicate for those who cannot. I try to speak for those whose frustration levels leave them speechless.

5. I reflect upon what God has given us, daily, and rejoice in the beauty of nature and miracles that I recognize daily.

**Ryan Fehr is an associate professor of management and a Michael G. Foster Endowed Fellow at the University of Washington's Foster School of Business. He is also a world-renowned expert on gratitude.*

Darcia Moskaluk-Rutkay

Рік 2020 це—безумовно бурхливим роком з багатьох причин. Ми не повинні дозволити, щоб хаос керував нашим життям. Настав час висловити подяку, бути вдячними. Дослідники кажуть, що виявляти вдячність це—зменшує депресію, знижує артеріальний тиск, підвищує енергію та щастя. Слід нам бути вдячними не лише у жовтні та в листопаді. Ми повинні подумати щодня про те за що ми вдячні.

Наше православне християнське виховання та щоденні біблійні читання також заохочують нас бути вдячними.

Фил. 4: 4 "Радійте в Господі завсіди, ізнову кажу Радійте ... Фил. 4: 6 Ні про що не турбуйтесь, а в усьому нехай виявляються Богові ваші бажання молитвою й проханням з подякою ". Пс 117 (118): 24 Цей день, що Його створив Господь, - давайте радіймо та тішмося в нім."

Навіть у найскладніші часи, Бог знає наші потреби, але радіє нашими молитвами. Я його хвалю і не прошу в Нього нічого іншого, крім того, щоб Він почув мої молитви.

"Вдячність є добродіючою силою у добрих часах, а може мати ще більше позитивної сили у поганих часах. У важкі часи подяка важливіша як ніколи. Наукові дослідження показують, що вдячність може допомогти нам впоратися з травматичними подіями, регулювати свої негативні емоції та покращити самопочуття. Що ще важливіше, подяка може позитивно вплинути і на наших друзів та сім'ю. Простий спосіб дає значний результат," розповідає Раян Фейр * Він рекомендує наступні кроки, які ви можете вживати, щоб розвивати свою вдячність:

1. Напишіть на папері подяку.

2. Проведіть розмову подяки.

3. Скажіть комусь, що ви їх цінуєте.

4. Проявляючи свою вдячність, допомагайте в малому комусь.

5. Подумайте за що вдячні та повторіть.

Отже, ось що:

1. Я вдячна Богові Ісусові Хресту, моїй сім'ї, моїй парафіяльній родині та парафіяльному священикові, моїй управі Союзу Українок Канади, моїй родині Союзу Українців Самостійників Канади.

2. Оцим даю знати вище згаданим людям скільки вони важливі для мене.

3. Я ціную мудрість старших і тих, хто мудріші від мене.

4. Я намагаюся говорити з тими, що не чують інших, висловити те, що декотрі не сміють самі сказати. Я намагаюся говорити за тих, що такі розчаровані, що замовкли.

5. Я розмірковую над тим, що Бог нам дав і щодня радію красою природи та чудесами цього світу.

** Раян Фейр, доцент кафедри менеджменту та Майкл Г. Фостер, наданий стипендіатом у прийомній школі бізнесу Вашингтонського університету. Він є також всесвітньовідомим експертом вдячності.*

Одарка Москалюк-Руткай

Ukrainian Self-Reliance League of Canada (USRL)
Союз Українців Самостійників Канади (СУС)
Société des Ukrainiens autonomes du Canada (SUAC)

HIRING EXECUTIVE ADMINISTRATOR COULD THIS BE YOU?

The Ukrainian Self-Reliance League of Canada (USRL) seeks to create and maintain a vibrant and dynamic community within the Ukrainian Orthodox Church of Canada. The pillars on which the organization is based are culture, faith, leadership and community.

USRL is now hiring an Executive Administrator to provide administrative support to the National Board. The Administrator is responsible for overseeing the administration, programs and strategic plan of the organization. Other duties may include fundraising, marketing, and community outreach. Initially, this position is a part-time commitment of 10 hours per week, responsible directly to the National Board of Directors, but taking day-to-day instructions from the Board President.

Job Responsibilities

(approximately 10 hours / week, 0.250 FTE part-time position)

- Work closely with the Board on policy decisions, programming and increasing the overall visibility of the organization.
- Manage the Board/committees calendar.
- Organize/schedule all Board and committee meetings/video conferences.
- Handle requests, feedback and queries quickly and professionally.
- Research issues and prepare reports as assigned.
- Prepare the Board/committee meeting materials and post/circulate them for review.
- Keep up-to-date membership files and accounting records.
- Monitor office supplies and re-order as necessary.
- Assist the Board with strategic planning and implementation.
- Assist the treasurer with preparation and monitoring of the annual budget.
- Establish and maintain relationships with various organizations and utilize those relationships to strategically enhance USRL's Mission and Vision.
- Assist with marketing and other communication efforts.
- Other duties as assigned by the Board.

GENERAL RESPONSIBILITIES

1) Board Governance:

- Responsible for supporting the organization in a manner that guides the mission and vision as defined by the Board.
- Responsible for communicating effectively with the Board and providing, in a timely and accurate manner, all information necessary for the Board to function properly and to make informed decisions.

2) Financial Performance and Viability:

- Support board directives on the financial health of the organization.
- Responsible for the collection of and accounting for membership dues and donations.
- May be asked to coordinate fundraising to support USRL's mission.

3) Organization Mission, Vision and Strategy:

- Work with the Board and staff to ensure that the mission is fulfilled through programs, strategic planning and community outreach.
- Responsible for implementation of USRL's programs that carry out the organization's mission.
- Support to the board for strategic planning to ensure that USRL can successfully fulfill its Mission into the future.
- Responsible for the enhancement of USRL's image by being active and visible in the community by working with other professional, civic and private organizations.

4) Organization Operations:

- Oversee and implement resources to ensure effective operations of the organization.

Professional Qualifications Required

- A Bachelor's degree or equivalent, post-secondary desired.
- Fluency in English and Ukrainian languages.
- Transparency and high integrity leadership.
- Strong computer competencies including Google Suite and applications, website design maintenance.
- Management experience with a non-profit is an asset as is experience in working with a Board.
- Ability to effectively communicate with the organization's stakeholders.
- Exemplary organizational skills, including time management, planning, delegating, program development and task facilitation.
- Strong written and oral communication skills.
- Strong work ethic with a high degree of energy.
- Desired: Previous success in establishing relationships with individuals and organizations of influence including funders, partner agencies and volunteers.

Renumeration:

Salary commensurate with experience of successful applicant.

This is a one-year contract position which includes a 90-day probationary period, commencing September, 2020 or when a suitable candidate is identified. The successful candidate will work remotely/from home. Only those with suitable qualifications will be contacted for an interview.

Applications:

Please email your cover letter and resume to:
info@usrl-cyc.org

Замітка редакторки:
Подаю уривок автобіографії Діда Берніс Чезлій, яка зараз мешкає в Медисин Гет, АБ. Кілька років тому, вона мене попросила перекласти на англійську мову ручно написану автобіографію її діда, Якима Федорчука. Я це зробила по своїх можливостях. Думаю, що Вам буде цікаво знати про життя українського хлопчика 19-го сторіччя, який вкінці став канадським піонером. Подаю його власне письмо без редакції. Складаю подяку Берніс за дозвіл передати Вам цю історію. (Див. Translator's Note)

«Моє життя

Родився я 1879 року Божого Борщівского повіту, село Білівців 1883-го Мама померла і я мав 4 роки і зіставим сиротою. Тато або Дядьа звався Філип тато ожинився другий раз Мама друга звалася Катерина котра мине часто побивала Я мав дві бабки по татови Марія а по Мамі Гануся сих дві бабки дужи ни льубили сеї другої Мами бо тато ходив у Росію на роботу. Як я вже підріс зачав ходити до школи я прийду зі школи додому Мами нима дома вона возьме муки в яку півку та пішла до своі Мами а моя бабка Марія татова Мама сварит єї а мині даст їсти а я піду додругої бабки і та дасть мині їсти а ту мою Мачуху клине а в сеї бабки було два хлопці Олекса і Павло і ми ся бавим а до школи я вже нийду а як мій Дядьа прийди з тої Басарабії то Мама кажи ади ти прийшов і яким прийшов Дядя кажи ти чому ни слухав Мами тай мине трохи потаргают за чупир і махают пальцим рушай до школи і я вже ходжу до школи вже другий рік. Професор був злосний і дужи бив ленійков по руках

Професор пусти діти як тут кажут на рісест а був коло школи город і було трохи камінців професор кажи дітим збирати камінці і носити на бік Мій Дядьа то видів і сказав до Професора я дитину посилаю аби ся вчив а ни каміня збирав то професор завдавав мині аби я то ся навчив на память або який рахунок як я добри ни знаю то

Editor's Note: A couple of years ago, Bernice Chesley of Medicine Hat, AB contacted me. She was anxious to have her grandfather's handwritten autobiography translated into English. I undertook the job, albeit with some trepidation. In this issue of Promin, I give you a first excerpt from Yakim Fedorchuk's autobiography, which gives us a glimpse of Ukrainians in the 19th century and tells the story of a little boy, who became a Canadian pioneer. My thanks to Bernice for permission to print.

My Life

By Bernice Chesley's Grandfather

Translator's Note: The Ukrainian language used by Granddad (Yakim Fedorchuk) presents a number of difficulties for its translation. Firstly, although Granddad was not illiterate, he had a limited education and his writing skills are very basic. Secondly, his Ukrainian is a dialect used in 19th century Western Ukraine. Some of his vocabulary is now considered archaic. Thirdly, he was unfamiliar with punctuation, so we have 44 pages of words—no

мине кладе в кутик голими колінами Діти підут на город і бавляся а я на колінах то другого дня я вже до школи ни іду Наши село коло Дністра я піду купаюся пирисиджу в лозині з другими дітьми і так мине тиждень. Аж якось хлопці сказали Дядиви чому Ваш Яким ни ходи до школи як ни ходи і прийшли до хати і питают ти був в школі був ану ходи на дорогу питают дітий він був у школі а діти боятся сказати бо я буду бити али помалу котрись сказав ньи він ни був в школі то другого дня Дядя мине виде за руку до школи і питают чому він ни ходи до школи професорка вбігає до кляси і кажи то який Отцец такий син а чо мине рівняєти до сина бо нам чловєк воду носив а ти ся з него сміяв і казав він старий і він ни хочи нам води носити слухайти Пани як я ще раз привиду дитину до школи то ви повтікаєти вікнами то від того часу я вже добри ся вчив і професор вже був ліпший професорка дасть міні банячок і посилає мине до сусіди за борщем доста що мої Пани стали дужи добрі Аж грудня 19того в нашім селі вилики сьватоь николая в нас празник вилика відправа, а мій Пан професор кажи ти додому нийди, завтра поїдим до Білівців там югася вчит у школі ти вмієш коні гонити і будеш фірманом а я дужи ся тішу бо маю їхати з Паном і я пириночував в школі рано я пішов до подрова до дривітні і набираю дров на руку а мої Дядіка вже стоя на дверях і питают ти чому ни прийшов додому. А я кажу я маю їхати з паном до Білівців і Дядіка мине за руку і бют професорка вибігла і кричит зоставти єго то такий порждоний хлопец, і мине пустили і помахали пальцем і кажут я тобі дам а я думаю як ще будут бити дома то треба тікати отжи мав я тогди 11чіть років то Дядька мине ни виділи 12 років то я вже мав 23 роки і ми ся здибали в Канаді, в Saskachewan. »

Яким Федорчук

sentences. I had to guess at where one idea ends and the next begins. I may have guessed wrong in a few cases! Fourthly, by the time he wrote his autobiography, his Ukrainian had been influenced by English, e.g. the word "deep" appears as "діп" instead of the Ukrainian word "глибоке". "Силман" gave me pause until I realized that he meant "продавець" or, in English, "salesman". Lastly, he appears to have occasionally referred to things in other languages—Moldavian? Romanian? German? Russian? I have transliterated some words and have put them in brackets where I was unable to understand what was meant.

I was born in 1879 in the village of Vachkivtsi in the Borshchiv region. In 1883, Mama died and I was four years old and became an orphan. Daddy (Djadjo) was named Philip and he remarried. This second Mama was called Kateryna, who often beat me. I had two grandmothers. My paternal grandmother was Maria and my maternal grandmother was Hanusia. My two grandmothers did not like my second mother. My Dad (Tato) went to work to Russia. When I was a little older, I began to go to school and when I would come home from school, my stepmother was not home. She had taken a container of flour and had gone to see her mother. My grandmother, Maria, scolded her and gave me

something to eat. I went to my other grandmother's and she gave me something to eat and cursed my stepmother. This grandmother had two boys named Alex and Paul and we played together. I would not go to school anymore. When my Dad came home from Bessarabia, my stepmother said, "Here you are and look at you!" Dad asked me why I did not listen to my mother and why I was not attending school and he grabbed me by the hair a bit and waggled his finger at me. "Off you go to school!" So I went to school and was now in my second year.

The teacher was very angry and hit me over the knuckles with a ruler. The teacher let us kids out for recess. I was by the garden and there were some stones there. The teacher told us to gather the stones and put them aside. My Dad saw this and said to the teacher that he sent his child to school to learn something, not to pick rocks. The teacher then made me learn things by heart and if I could not do a sum correctly, he made me stand in the corner on my bare knees. The other children were allowed out for recess, but I had to stay in that corner. So, the next day, I stopped going to school.

Our village was by the Dniester River and I went swimming. Then, I would sit with other children in the willows there and the week went by. But then some boys asked my father why his Yakim (James) didn't go to school? Dad came home and asked me if I was attending school. I said yes. Dad took me outside to ask the neighbourhood children whether or not I had been going to school. They said yes because they were afraid that I would beat them otherwise. But finally, one kid admitted that I had not been in school. Dad took me by the hand and accompanied me to school and there, he asked the teacher why his son was not attending. The teacher came running in, saying, "Like father, like son!" Why are you comparing me to my son? Because a man carried water for us and you ridiculed him and said that he was old. So he stopped bringing us water. "Listen, Mister, if I have to bring my child to school by the hand again, you had better escape out the windows!" So from that time forward, I became a better student and the teacher treated me better. The lady teacher would give me a pot and would send me to the neighbour's for borshch, enough, so that my lords (pany/teachers) became very kind.

On December 19, in our village took place a great holiday, St. Nicholas, with an elaborate church service. Mister Professor told me not to go home. Tomorrow, we will ride to Bilivtsi—there Yuhassia teaches in the school. You are capable of managing the horses and will be the driver. I was overjoyed as I was to ride with the teacher. I spent the night at the school and, in the morning, I went to get firewood to the woodshed and I got an armload of wood and my Dad was standing in the doorway and was asking me why I didn't come home from school. I said that I was to ride to Bilivtsi with the teacher. My Dad took me by the arm and beat me. The lady teacher came running and shouted that he should leave me alone as I was such a good boy. My father let me go, but he waggled his finger at me and said he would give it to me later. I figured that if I was going to be beaten at home, I might as well escape. I was 11 years old. My Djadjo did not see me for the next 12 years. I was 23 when I found myself in Canada, in Saskatchewan.

Translated from the original Ukrainian by Leona Bridges

Рідне слово

Еміграційна елегія

"О, не журися за тіло!
Ясним, вогнем засвітилось воно,
чистим, палючим, як добре вино,
вільними іскрами вгору злетіло.
Легкий, пухкий попілець ляже,
вернувшися, в рідну землицю, —
Разом з водою там зростить вербицю,
стане початком тоді мій кінець.
Будуть приходити люди,
вбогі й багаті, веселі й сумні,
радощі й тугу нестимуть мені,
їм промовляти душа моя буде»

(Леся Українка «Лісова пісня»)

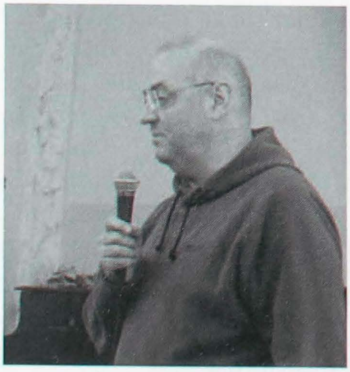
Стефанія Туркевич прожила довге життя (1898-1977), яке славетно завершилося у Кембріджі, Велика Британія. Більшу частину свого життя, майже 48 років, вона віддала еміграції. Її визнано першою жінкою-композиторкою України, але всі твори були створені далеко від батьківщини. Тільки свій перший твір «Літургія» (1919) вона написала та вперше почула у соборі святого Юра рідного міста Львова.

Родинний дім Туркевичів був розташований у розкішному саді біля церкви Святих П'ятниць. Вся родина Туркевичів грала на музичних інструментах: брати та сестри на струнних, батько на гітарі, Стефанія на фортепіано, арфі та фісгармонії. Самим вагомим музикантом салонних музикувань була її матір — піаністка Софія Кормош, яка навчалася у таких відомих музикантів того часу, як польський піаніст Кароль Мікулі (учень Ф.Шопена) та чеський піаніст-викладач Вілем Курц. «Вже здавен-давна любила я музику. Причиною тут була моя мама, яка прекрасно грала на фортепяні. Малою дитиною я пристрасно любила слухати її гру»,— згадувала Стефанія. Батько, Іван Туркевич, був священиком та хоровим диригентом собору св. Юра, а потім катехітом української гімназії м.Львова. Він мав мрію створити домашній хор та дати дітям музичну освіту,яку втілив в життя. «Це були одинокі домашні концерти в українському Львові і притягали чимало любителів музики в наш дім. Всі почувалися, як одна музична родина. Скільки в нас бувало цікавих людей! Хоч би згадати Романа Придаткевича, але не

він лиш один!» (Стефанія Туркевич). Все своє життя Стефанія пам'ятала сімейні традиції музичного виховання та любові до української музики, навіть коли додавала до свого прізвища щось нове після двох її одружень, як наприклад, Туркевич-Лісовська або Туркевич-Лукіянович.

Середній рядок (зліва направо): сестра Ірина, брат Лев, і Стефанія Туркевичі, близько 1915

Після довгих років мандрів на чужині містами Німеччини, Італії,Австрії, Чехії, Ірландії,Англії, ім'я Стефанії Туркевич повернулося на Україну. Це сталося лише у 2017 році, після презентації її нотних архівів у Львові в рамках проєкту «Українська мистецька пісня. Канада» співаком Канадської Опери Торонто Павлом Гунька.



П.Гунька на презентації оцифрованого архіву творів С.Туркевич

Саме тоді відкрилося, що композиторка володіла усіма сучасними авангардними техніками XX століття: серіалізмом, алеаторикою, сонористикою, мінімалістичними прийомами. І це не дивовижно, якщо подивитися на лист вчителів Стефанії. Серед вчителів відомі всьому світові видатні композитори: П. Гіндеміт, А. Шенберг, В. Новак та В.Барвинський. Але авангардна система сучасних технік підлягала в її творах національній українській рефлексії. Так, автор статті про симфонізм композиторів української діаспори Й.Созанський зазначає: «Проте головним визначальним критерієм стилю стає оперування так званими «серіями-поспівками» з яскравим національним забарвленням, що дає унікальний симбіоз гостроавангардних пошуків у сфері музичної мови, сполучених з тенденціями «нової простоти» українського характеру».

С.Туркевич з професором В.Новак (Прага,1933)

Стефанія цікавилась усіма новітніми творами сучасної музики та постійно прагнула до їх порозуміння. Тому вона із задоволення стала на шлях музикознавської науки (навчалася у Адольфа Хибінського у Львові, у Гвідо Адлера у Відені та Зденека Неєдли у Чехії), а потім створила докторську дисертацію та стала першою жінкою на Галичині з науковим

званням доктора філософії (тема її дисертації: «Український елемент утворах П. Чайковського „Черевички", Н. Римського-Корсакова „Ночь перед рождеством" і порівняння їх з оперою Миколи Лисенка „Різдвяна Ніч"»).

В Англії Стефанія очолила Товариство жінок-композиторів, до якого входила навіть відома французька композиторка Надя Буланже. І майже, у Брістолі, де вона оселилася у 1952 році, знайшла все, що сприяло її творчій праці. Але відкривши її листи починаєш розуміти, що її душа на чужині постійно відчувала збентеження. Вона хвилювалась за родину однієї з сестер, що жила в Сибіру, за свого брата та доньку, хотіла бачити всіх щасливими та сумувала за батьківщиною. «Чомусь сумно подумати мені, що купуєте кутик для себе, значить, він буде Вас більше там тримати. Остаточно і ми також збираємося купити хату в Брістолі, хоч уся душа бунтується в мені проти того, бо я чую, що я тут не належу, коріння не запущу, але нема іншого виходу, треба загибати на чужині» (15.12.59 Брістоль), — такого листа написала Стефанія подрузі її доньки Вірі Вовк, українській поетесі, з якою листувалась все своє життя. Віра Вовк відчувала теплі і ніжні почуття до Стефанії, надсилала їй для романсів свої вірші та дивувалась унікальністю цієї жінки, яка разом з тим, що придумувала сюжети своїм балетам була здатна проявляти творчу вигадку у вишиванні, комбінуванні килимків та художньому малярстві. Вона навіть не хотіла попуститися своєму першому чоловікові Роберту Лісовському, відомому українському графіку, учню Г.Нарбута та Г.Кричевського, і створила «Малярську симфонію», присвятивши її старшій донці, теж художниці, Зої Лісовській. Стефанія втілила мовою звуків «неймовірно вишукані та витончені звукові полотна» (Й. Созанський), намагаючись «звукомалювати» трьома видами малярства: Графіка (Іч.), Акварель (ІІч.) та Малювання олією (ІІІч.). Не забула і про українські витоки свої та родини: «Симфонія ця дещо старша (стилем), але на¬скрізь українська, під гуцульські Зоїні картини, і можна б її скомбінувати з виставкою», — писала композиторка в листі до Віри Вовк. Дослідник симфонічної творчості композиторки Й. Созанський вважає, що невипадково авторка останнім кольором Третьої частині симфонії обирає чорний та червоний, які в «національній свідомості ментальної етногенези є знаком землі і крові», як двох елементів буття про які промовляла душа Стефанії.

Майже всі твори Стефанії Туркевич були заборонені для виконання радянською владою, а нотні архіви знаходились далеко від батьківщини композиторки. На заході С.Туркевич була більш відома, як авторка дитячих балетів та симфоній. Тільки в Канаді був виданий у 2014 році компакт –диск з 20 піснями композиторки. Але який різноманітний світ творів С.Туркевич! «Ми привезли усі твори Стефанії Туркевич і зараз можна побачити її колосальну працю, яка повернулася до Львова. Це дев'ять симфоній, п'ять балетів, три дитячі опери, хорові твори, літургія, камерноінструментальні твори, фортепіанні твори, цикл п'єс для дітей, українські коляди та щедрівки та багато інших творів» – розповів Павло Гунька.

Еміграційна елегія вже проспівана. Настав час співати урочисті оди.

Доньки С.Туркевич, що мешкають у Англії (Зоя Лисовська-Нижанківська та Святослава-Марія Туркевич-Лукіянович)

Маргарита Іванова-Гросс
Доктор філософії (Історія музики)
викладач коледжа мистецтв та культури ім. Д.С.Бортнянського, м. Суми, Україна.

Emigration Elegy

Ah, for that body do not sigh!
'Tis now infused and glows with fire divine,
As clear and bright and glittering as good wine
Whose life in sparkling bubbles mounts on high.
Naught but an airy pinch of dust
Remains to mingle with the earth below.
Beside these waters shall a willow grow,
My end give life to something more robust.
And to me here shall many seek,
Both rich and poor, the joyful and the sad.
Their griefs I'll mourn, their joys shall make me glad —
To every one my soul shall gently speak.

-Lesia Ukrainka ("The Forest Song")

Stephanie Turkevych lived a long life (1898-1977), which ended gloriously in Cambridge, England. She devoted most of her life, almost 48 years, to emigration. She was recognized as the first woman composer in Ukraine, but all works were created far from home. Only her first work "Liturgy" (1919) was heard in the Cathedral of St. George, in her hometown of L'viv.

The Turkevych family home was located in a luxurious garden near the Church of Good Friday. The whole Turkevych family played musical instruments: brothers and sisters on strings, father on guitar, Stephanie on piano, harp and harmonium. The most important musician of salon music was her mother - pianist, Sofia Kormosh, who studied with such famous musicians of the time as the Polish pianist Karol Mikuli (a student of F. Chopin) and the Czech pianist-teacher Willem Kurz. "I have loved music for a long time. The reason was my mother, who played the piano well. As a small child, I passionately loved listening to her play," said Stephanie. Her father, Ivan Turkevych, was a priest and choral conductor of the Cathedral of St. George and then, a catechist at the Ukrainian gymnasium in L'viv. He had a dream to create a home choir and give the children a musical education, which he realized. "These were lovely home concerts in L'viv, Ukraine, and attracted many music lovers to our house. Everyone felt like one musical family. How many interesting people we had! At least remember Roman Prydatkevych, but he is not the only one!" (Stephanie Turkevych). All her life, Stephanie honoured her family's traditions of music education and love for Ukrainian music. She remained true to her family despite her two marriages, when she became known as Stephanie Turkevych-Lisovs'ka or Turkevych-Lukiyanovych.

After many years of traveling abroad and composing in Germany, Italy, Austria, the Czech Republic, Ireland and England, her music returned to Ukraine. In 2017, it was presented in L'viv as part of the project "Ukrainian Art Song, Canada " by Canadian opera singer Pavlo Hunka of Toronto. Turkevych's never-before-heard-or-seen written scores were presented to her native people at this time, as the Soviet regime had forbidden their performance throughout her lifetime.

It was then discovered that the composer possessed all the modern, avant-garde techniques of the twentieth century: serialism, aleatorics, sonorism, and minimalist techniques. This is not

surprising if you check out Stephanie's teachers. Among them were the outstanding world reknown composers: P. Hindemith, A. Schoenberg, V. Novak and V. Barvinsky. These avantgarde techniques were secondary to the Ukrainian flavour of her works. Thus, J. Sozansky notes: "The defining criterion of Turkevych's style here is her "series-chants", bright with national color, forming a unique symbiosis with her avant-garde techniques, but lending a simple Ukrainian character to the musical language.

Stephanie was interested in all the latest works of modern music and constantly sought to understand them. She gladly embarked on the path of musicology (she studied with Adolf Khibinsky in L'viv, with Guido Adler in Vienna and Zdenek Nejedla in the Czech Republic). She was the first woman in Galicia to earn the title "Doctor of Philosophy". Her dissertation, "Ukrainian elements in the works of P. Tchaikovsky's 'Shoes'", N. Rimsky-Korsakov's "The Night Before Christmas" and their comparison with Nikolai Lysenko's opera "Christmas Night".

In England, Stephanie headed the Society of Women Composers, which included even the famous French composer, Nadia Boulanger. In Bristol, where she settled in 1952, she found almost everything required for her creative work. However, upon reading her letters, you begin to understand that she was constantly distressed by living in a foreign land. She worried about the family of a sister who lived in Siberia, about her brother and daughter. Stephanie missed her homeland. "We are going to buy a house in Bristol, although my whole soul is rebelling against it, because I feel that I do not belong here, I will not take root, but there is no other way out; we must die abroad" (15.12.59 Bristol), wrote Stephanie to her daughter's friend, Vira Vovk, a Ukrainian poetess with whom she corresponded all her life. Vera Vovk felt warm and tender feelings for Stephanie, sent her poems to provide lyrics for her songs, and was amazed by the uniqueness of the woman, who, along with inventing plots for her ballets, was able to show creativity in embroidery, combining "kylyms" and artistic painting. She did not want to indulge her first husband Robert Lisovs'ky, a famous Ukrainian graphic artist, a student of G. Narbut and G. Krychevsky, and created a "Painting Symphony", which she dedicated instead to her eldest daughter, also an artist, Zoya Lisovs'kaya. Stephanie embodied in the language of sounds "incredibly refined sound canvases" (J. Sozansky), trying to "give voice to" three types of painting: graphics, watercolor and oil painting. She did not forget about her Ukrainian background and family origins: "This symphony is a bit older (in style), but is completely Ukrainian, reflecting Zoya's Hutsul paintings, and it could be combined with an art exhibit," the composer wrote in a letter to Vira Vovk. Researcher of the composer's symphonic work, J. Sozansky believes that it is no coincidence that the composer chooses black and red as the last colors of the Third Part of the Symphony, which symbolize earth and blood, two elements of life dear to Stephanie's soul.

Almost all of Stephanie Turkevych's works were banned by the Soviet authorities, and her musical archives existed far from her homeland. In the West, S. Turkevych was best known as the author of children's ballets and symphonies. However, in Canada, a CD with 20 artsongs by the composer was released in 2014. Pavlo Hunka had discovered the diverse works of S. Turkevych. "We brought all the works of Stephanie Turkevych to Ukraine, and now you can see her colossal work, which has been returned to L'viv. She wrote nine symphonies, five ballets, three children's operas, choral works, a liturgy, chamber music, piano works, a series of plays for children, Ukrainian carols, Christmas carols and many other works," said Hunka.

The emigration elegy has been sung. It is time to sing the solemn ode.

English translation:
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Прогулька в Україну 1996-го р.

***Замітка редакторки:** Мій вітчим був покійний др. Павло Кіт. Хоч він жив у Канаді довгі роки, він був чесним сином України. Оженився з моєю мамою (Наталкою) коли мав 70 років—перше та одиноке його подружжя. Повінчалися 1988-го року. На свої власні кошти, Др. Павло вирішив збудувати православну церкву в селі де він народився в Україні. Його доляри летіли на Україну різними висланцями, а ми сумнівалися, що щось з того буде. Але це був проникливий та хитрий чоловік. Побачите, що можливо, коли людина береться до справи!*

***Editor's Note:** My stepfather was the late Dr. Paul Kit. Although he lived many years in Canada, he was a true son of Ukraine. He married my Mother when he was 70 years old—his first and only marriage. They married in 1988. Using his own financial resources, Dr. Pavlo decided to have a church built in his native village in Ukraine. As his money left the country in instalments, we wondered if his thousands of Canadian dollars would accomplish the project. But he was a cunning, capable man and chose his emissaries well. You will enjoy these excerpts from his detailed diary outlining the couple's trip to Ukraine to view the fruits of his faith.*

Після того, як в нас зродилася думка відвідати Україну в 1996 р., довго забрало зробити остаточне рішення. Ціль—освячення Церкви української автокефальної православної Громади в с. Трудовачі (біля Золочева, у Львівській області) не точно окреслена, відомості не певні, але треба було рішати. Так ми й рішили відбути подорож як не на посвячення нової Церкви, то бодай на оцінку проґресу її побудови, на празник (храм) свв. Апостолів Петра і Павла на 12 липня в с. Трудовачі, а при нагоді відвідини рідних земель і прогульку горі Славутою-Дніпром, а при нагоді ще й трапилось відзначити прийняття Нової Конституції України, 28 червня 1996 р.

І так, після доволі поспішного і згущеного плянування і приготування через Подорожне б'юро Європа, ми відлетіли в неділю, 7 липня 1996 р. (на св. Івана) пополудні Канадським літаком через Калґари продовж ночі, на рано до Франкфурту (коло полудня), знова переночували в готелі Астрон і у вівторок 9 липня в 10:30 ранку відлетіли українським літаком , в годині 1:30 пополудні, опинилися на летовищі у Львові. Обслуга була чемна, привітна, а на українськім літаку навіть говорили по-українському, в додатку до німецької і англійської мов.

It took a long time for us to finally decide to visit Ukraine in 1996. Our objective was to attend the dedication of the new Ukrainian Autocephalous Orthodox Church in the village of Trudovach (near Zolochiv, L'vivska oblast') not necessarily fully constructed, but our information about that was sketchy—we had to make a decision. So, we decided to plan a trip, if not to dedicate the church, at least to ascertain the state of its construction on the feast day of the Apostles Peter and Paul, July 12, in the town of Trudovach, along with a tour of my native land and a cruise along the Dnieper, and, by undertaking this journey, to celebrate Ukraine's adoption of a new Constitution on June 28, 1996.

Thus, after much successful though complicated planning via the Europa Travel Agency, we flew away from Edmonton on July 7, 1996 (The Feast of St. John) on an Air Canada jet by way of Calgary, overnighting in Frankfurt at the Astron Hotel. On July 9, at 10:30 a.m., we took a Ukrainian plane to L'viv, landing there at 1:30 p.m. Airline service had been courteous, considerate and on the Ukrainian plane, in addition to German and English, the staff even spoke Ukrainian!

Вівторок, 9 липня 2:30 пополудні в Львові—летовище, митні бюра, вітальня, все українське (Львов'яни, це приміщення конечно треба усучаснити; ту звізду, серп і молот конечно треба зняти, помалювати чи побілити!). Після належних митних формальностей з нашими баґажами (з Адріяною Крайник), ми вступили до вітальні. Наталка заметушилась з баґажами, а я спостеріг зацікавлену громадку людей, що з букетами рож, з хлібом і сіллю очікували нашого прилету. Це була для нас неабияка несподіванка. Мені приходиться тяжко описати наші зворушення, бо ми могли числити на кількох членів родини замешканих у Львові, але не таку гарну групу рідних, знайомих і незнайомих облич—це було понад наші сподівання. Прот. о. Богдан Пиріг зложив нам привіт, як парох Громади УАПЦ в Трудовачі та передав запрошення на празник в п'ятницю, 12 липня; дальше Тарас Брославський підніс привіт з хлібом і сіллю від Трудовацької Громади , від Голови громади і Будівельного комітету, Василя Гука, від кузинок, від Голови Золочівського району, Богдана Рудника, через його секретарку, Євгенію Лапсюк, бо сам опинився в лічниці, від Союзу

Українок м. Львова через пані Лесю Демчук, від Молодечої організації при Катедрі Успіння Пресв. Богородиці від Марти Максимець, односельчанки-Львовянки, Віри Борух і багато інших. Нам справило надзвичайну приємність почути безліч теплих слів щирих привітів та приємного переведення нашої візити та гарно відспіваного многоліття. Ми з черги відповіли нашою щирою вдячністю за таку гарну, несподівану зустріч вперше у Вільній Україні, подякували за отримані дарунки і цвіти і поробивши деякі зарядження, відїхали Волґою Богдана Рудника до нашого вигідного помешкання, що Йосиф Крайник зарядив при вул. Хоткевича 56/25. Після деякого освоячення з обстановкою, гостинний господар, Йосиф Крайник, забрав нас до свого помешкання на смачну вечерю, що приготовила його добра господиня-дружина, др. Адріяна Крайник.

Tuesday, July 9 At 2:30 p.m., in L'viv—the airport, customs, lounges—everything very Ukrainian. (Citizens of L'viv, it is imperative that you modernize this airport; you must get rid of that star, sickle and hammer and paint or whitewash the place!) After passing through customs and baggage handling (with Adriana Krajnyk), we entered the airport lounge. Natalka fussed with our baggage, while I spied a large curious group of people with bouquets of roses and bread and salt, awaiting our arrival. For us, this was indeed a surprise! It is hard for me to describe our emotion at seeing these people, as we expected only a few family members living in the L'viv area, not such a large group of family, acquaintances and strangers! Right Rev. Bohdan Pyrih greeted us as parish priest of the Trudovach UAOC and invited us to the Church's Feast Day celebrations on Friday, July 12; Taras Broslavskyj greeted us with bread and salt on behalf of the parish of Trudovach, the President of the parish and of the Building Committee, Wasyl' Huk, my cousins, the Chairperson of the Zolochiv Region, Bohdan Rudnyk (through his secretary, Eugenia Lapsiuk, as he himself was in hospital), the Ukrainian Women's Association of L'viv represented by Mrs. Lesia Demchuk, the youth organization of the Cathedral of the Dormition of the Virgin Mary represented by Martha Maksymetz, fellow villager (now a resident of L'viv) Vera Borukh, and many others. It was a great pleasure to hear all of these sincere words of welcome and good wishes for our journey, along with a nicely sung "Mnohaya lita". We, in turn, thanked everyone for their kind words of welcome, our first such experience in a free Ukraine. We also thanked them for the flowers and gifts given to us and, after some further arrangements were agreed upon, we got into Bohdan Rudnyk's Volga and rode to the suite arranged for us by Joseph Krajnyk on Khotkevych Street No. 56/25. After freshening up, Joseph drove us to his home, where we had a lovely dinner prepared by his capable wife, Dr. Adriana Krajnyk.

Середа, 10 липня Завдяки гостинному шоферови, Йосифови, ми мали нагоду оглянути головніші місця у Львові як, Міську Раду Обласних Депутатів, Високий Замок, смачно пообідати у гарному ресторані, відвідали Консисторію УАПЦ, Владику Петра, його канцелярію і персонал, познайомилися з Володимиром Сидоровським (Голова Кредитової Спілки «Анісія»), відвідали базар, де то ми знайшли багато городини, овочів, молочних продуктів, м'ясів і м'ясних виробів (трохи забагато мух). Все і багато можна купити вже по канадських цінах (лиш не мають в що завинути проданого, треба мати свої торбинки). Натовп покупців великий, на гігієнічну обстановку ще треба почекати. Справляє туристам приємність замітити загальний український вигляд міста: багато вулиць улягли змінам назв (однак таблички з назвами вулиць виглядають за малі), замітно багато направ бруків, перебудов, відновлень домів, побудови нових мешкальних комплексів; головно на краях міста таки забагато ямів по вулицях, дуже трудно проїздити та й не легко на спружини авт. Як конечно, то деінде варто б щипнути, а ті глибокі ями таки треба понаправляти. Це ж Львів! Приємно замітити, що брак бензини вже проминув. Гарне враження зробили відвідини Личаківського Цвинтаря, де ми побачили пам'ятники Івана Франка, Людкевича, Володимира Івасюка, і багато інших; замітили їхню різноманітність та піклування пам'ятників. Багато визначних діячів української культури і історії тут спочиває вічним сном, не діждавшися тепер вже Вільної України. Їм те щастя мабуть не судилося. Замітно було бачити багато фабричних забудувань, хотяй багато з них було нечинних, або лиш частинно урухомлених. Мені приємно було побачити велике підприємство, де будується великі українські автобуси.

Wednesday, July 10 Thanks to our willing chauffeur, Joseph, we were able to tour L'viv and see many of its major sites, such as the Municipal Council Hall of Regional Deputies, the Hilltop Castle, a tasty lunch in a nice restaurant, the Consistory of the UAOC, Archbishop Peter, his office and personnel, Volodymyr Sydorovskyj (President of the "Anissia" Credit Union), the bazar, where we found

many vegetables and fruits, dairy products, meats and charcuterie (and a few too many flies). All is available at Canadian prices (however, one must supply his/her own shopping bags). There was a large crowd of consumers at the gigantic marketplace and you had to stand in line to buy. It is especially pleasing to tourists to see the very Ukrainian style of the city: there have been obvious repairs to the sidewalks, renovations, home repairs, construction of new housing complexes; particularly at the edges of the city, there are too many potholes and these are very hard on the suspensions of the cars. It would be best to repair these and the streets with big holes should really be filled and resurfaced. This is L'viv, for heaven sakes! It's nice to know that the gasoline shortage has passed. Our visit to the Lechakivskyj Cemetery was memorable. We saw the tombs of Ivan Franko, Liudkevych, Volodymyr Ivasiuk, and others. We observed the artistic variety of the memorial stones and the care given to their maintenance. Many prominent Ukrainians, both culturally and historically, are buried here. What a shame that they are not among us to savour the flavour of a free Ukraine! It was notable to see a number of factories in L'viv, although some seemed closed, while others were not working to capacity. I was especially impressed by the one that fabricated big Ukrainian buses.

П'ятниця, 12 липня Скородень збираємося, щоб бути готовими їхати на празник (храм) до села Трудовача в п'ятницю, 12 липня на Петра й Павла. Віднайшов нас, приїхав добродушний Владичий шофер, Володимир Сидоровський і ми разом поступили до Консисторії УАПЦ при вул. Личаківській 91 у Львові, щоб підняти Владику Архієпископа Петра. Золочівським шляхом через Винники, Куровичі, повз Словіти, повз Вільшаниці (Великої), а дальше скрутили на право (на південь), дальше через «Великий міст», закім і зупинились на в'їзді до самого Трудовача, бо тут вже чекала на нас церковна процесія і майже ціла православна громада, а навіть громади з кількох дооклиних сіл. Нам приємно було прийняти привіт Громади з великим, майстерно виробленим і удекорованим хлібом (наче коровай) і сіллю. Це була неабияка честь для нас, бо при зустрічі і привіту Владики Архієпископа Петра й нам припався гарний, незабутній привіт для мене, Павла. Після належної церемонії та роздачі пропам'ятного образця свв. Петра й Павла, з нагоди празника і посвячення новозбудованої (хотяй не вповні викінченої нової пишної церкви), ціла процесія вирушила до гори головною вулицею до церкви на чин св. Літургії. Приємно було почути гомін дзвонів, як ми проходили повз прадідівської, тепер української греко-католицької церкви й може завдяки добродушному отцеві Іванові Залуцькому з Вільшаниці—дякую, всечесний отче, Іване. Це також наша, українська, 600+-літня церковця. Нова церква побудована трошка вище, на клібанії, під садом, замітна вже здалека, хотяй головна баня, майже викінчена, ще стояла на долині і чекала, щоб за кілька днів її піднести великим краном на 135 метрів на приготований верх церкви. (Це й зробили слідуючого тижня.) Точно в полудне почалась Архієрейська св. Літургія у спеціяльно поставленій, замаєній, прикрашеній каплиці за церквою, як завсіди на празник Петра й Павла. Владика Архієпископ Петро, в сослуженні прот. о. Богдана Пирога й шести молодих священиків з дооколичних парафій (Гологірок, Стінки...)в супроводі добірного хору з недалеких Глинян, під проводом вмілої, досвідченої дириґентки, окружені численними (около 20) чудовими хоругвами, прекрасно повишиваними, добірними взорами та й більше, окружені побожними, гарно поприбираними вірними, старими і старшими, молодими і молоддю. Десь взялися в Трудовачі мікрофони і голосники, телевізійні апарати, відеа, репортери. Все чудово підготоване. Св. Літургія служилась виразно чистою українською мовою; Владика Петро дав речеву, святочну науку, пояснив працю і заслуги для Церкви обидвох апостолів Петра й Павла, а при укінці пояснив значіння сьогоднішнього дня та зложив подяку за взнеслий замір і його остаточне виконання всім, хто причинився до цього так великого діла. Щоб не бути голословним, він назвав ім'я отця протоієрея Богдана Пирога, дуже вмілого, активного і помічного в цьому ділі будівничого, Василя Гука, Голову Управи Громади і Будівельного комітету, на плечах котрого спочивав весь тягар приготувань, шукання, спровадження і привозу будівельних матеріялів, подякував Петрові Хмілеві, архітектові з Тернополя, синові моєї сусідки, Ксені Рудник, що безкоштовно не лиш виробив всі потрібні пляни й будівельні рисунки під церкву, але й помагав у виробленні потрібних документів і, хотяй мав мало часу, то все таки доглядав над будовою у вільний від праці час. Подякував Владика Богданові Рудникові з Золочева (синові мого сусіда Павла), Голові адміністрації Золочівського району, за його всебічну поміч і поради з технічним персоналом, також Володимирові Карпі за його постійну поміч і вклад до будови, всім що помагали при

будові і всім жінкам, що чергово займалися прохарчуванням мулярів і інших техніків при праці. Під кінець Владика Петро дозволив мені зложити привіт моїм односельчанам, що так громадно й святочно прибули на празникове богослуження. Я, очарований величчю так великого торжества, присутністю так багато знайомих людей, котрих я вже продовж 62 літ не бачив, багато приїхали звідусіль (зі Львова, з Золочева-Михайло Хміль, з Тернополя-Генко Макух, Валерій Полковський і його гості з Америки). Із великим зворушенням я подякував їм усім за небувалу честь і нагоду задоволити їхню просьбу та допомогти їм побудувати Храм Божий, в котрому вони і їхні потомки мали б повсякчасно молитися, величати Всевишнього Творця і дякувати Йому за то, що Він нарешті вислухав наші молитви і допоміг Україні остаточно освободитися з понад 300-літньої неволі і «стати господарем домовитим у своїй хаті і на свойому полі» (Іван Франко). В додатку незалежна Україна щойно 28 червня 1996 р. осягнула власну Конституцію, як підставу, дороговказ і запевнення прав і свобід і обов'язків для свого громадянства. І за це все в цім новім Храмі Божім належить молитися, коритись, шанувати і любити один одного, включаючи й наших братів і сестер, що в дорозі історії звернули з дороги, яку вибрав і вказав наш Князь Володимир Великий ще 988 року і пішли бічною стежкою, що однак заведе їх остаточно перед одну і ту саму браму, де ключником є той самий св. Петро.

«Тому я передаю Вам привіт від всьої нашої родини в Канаді і бажаю Вам кріпкого здоров'я, доброї міри потрібної терпеливости і безмірної любови один до одного, бо Христос є любов. Наслідуймо Його наскільки нам смертельникам це можливо. На все добре, на многі і благі літа всім Вам!»

Далі відбулося посвячення води, площі і вірних, виступи і привіти шкільної молоді гарно підготованої, подяка всім присутнім за участь, гостинному хорові з Глинян і його дириґентці за мельодійні співи, загальна гутірка і «на празник», щоб дещо підкріпитися, бо вже й троха потомились. Все духовенство і частина гостей заїхали (новою дорогою) в Коніпли до Володимира Карпи, де наші добрі господині понаготовляли і понаставляли багато смачної їжі на обильний обід чи вже вечеру та в добавок з різного рода трунками, бо це ж празник у Трудовачі. Хто казав, що в Україні бракує поживи? Ми цього аж ніяк не замітили. Після смачної, добірної й гамірливої гостини, гості дальше знайомились, гуторили, а то й розпращалися і подалися у свояси. Добрий о. Богдан Пиріг відвіз нас до нашого помешкання у Львові.

Friday, July 12 We rose early in order to be ready to go to the celebration of the parish's feast day in Trudovach on Friday, July 12 on Saints Peter and Paul Day. The Archbishop's reliable chauffeur, Volodymyr Sydorovskyj, came for us and together, we drove to the Consistory of the UAOC on Lechakivskyj Street 91 in L'viv to pick up His Grace the Archbishop Peter. We went by way of the Zolochiv highway, through Vynnyky, Kurovychi, past Slovity, past Vil'shanytsi (Greater), and then, we turned right (south), on, across "the Great Bridge", until we stopped at the entrance to Trudovach, because an impressive church procession waited for us there, almost the entire Orthodox parish and even some parishioners from neighbouring villages. We were pleased to receive a greeting from the parish along with a masterfully decorated traditional kolach (as elaborate as a "korovai") and salt. This was a magical moment, as, in addition to greeting His Grace Archbishop Peter, we received an unforgettable special mention, that is, I did, Paul Kit. After a suitably impressive ceremony and the distribution of a special commemorative icon of Saints Peter and Paul, in honour of the Feast Day and the dedication of the new church (although it was not completely finished), the whole procession advanced to the hill along the main street to the church itself for an open air Divine Liturgy. It was a pleasure to hear bells ringing as we passed before the ancestral, now Ukrainian Greek Catholic Church, and this was undoubtedly thanks to the empathetic Rev. Ivan Zalutskyj of Vil'shanytsi. Thank you, Father Ivan! This also is our Ukrainian 600+-year-old church. The new church is built a little higher on the hill, on a slope, near an orchard, perceptible from afar, even though the main dome, almost finished, still sat on the ground and awaited being raised in a few days' time by way of a large crane which would lift it 135 metres onto the top of the church. (This was done the following week.) Exactly at noon, the archbishop-led Divine Liturgy began in the specially prepared, decorated chapel behind the church proper, as always on the Feast Day of Saints Peter and Paul. His Grace the Archbishop Peter, serving along with Rev. Bohdan Pyrih and six young priests from the neighbouring parishes (Holohirok, Stinky...) accompanied by the collective choir of nearby Hlyniany, under the direction of a capable and learned conductor, surrounded by numerous (about 20) amazing banners, beautifully embroidered with suitable designs

and, even better, attended by the pious, beautifully dressed faithful, old and older, young and younger. Microphones, loudspeakers, television cameras, video cameras and journalists appeared. All was beautifully organized. The Divine Liturgy was served clearly in fluent Ukrainian; Bishop Peter gave a pithy and festive sermon explaining the work and service of the apostles Peter and Paul. Towards the end, he explained the meaning of today's feast day and thanked everyone for his/her efforts in commemorating the saints and in undertaking the enormous project of building a new church. To substantiate his claim, he named Right Rev. Bohdan Pyrih, a very capable, active priest, instrumental to the project; Wasyl' Huk, chairperson of the parish and of the building committee, on the shoulders of whom rested the burden of preparing, finding, procuring and transporting building materials. He thanked Peter Khmil', the architect from Ternopil, son of my neighbour, Ksenia Rudnyk, who pro bono created all the plans and drawings of the new church and also helped prepare the necessary documents required and, although he had little spare time, oversaw the project when he wasn't working. He thanked Bishop Bohdan Rudnyk of Zolochiv (the son of my neighbour, Paul), head of the administration of the Zolochiv Region, for his continuous help and advice with the technical personnel; also, Volodymyr Karpa for his enduring help and contribution to construction; all that helped build the church and the women, who took turns feeding the bricklayers and other workers. Finally, Archbishop Peter allowed me to greet my fellow villagers, who so communally and festively attended the Feast Day service. I, enchanted by the pomp and ceremony of the occasion, the presence of so many familiar people, whom I had not seen in 62 years, many of whom came from elsewhere (from Lviv, Zolochiv-Mykhailo Khmil', from Ternopil'-Henko Makukh, Valeriy Polkovskyj and his guests from America). With great emotion, I thanked all of them for this unheard of honour and opportunity to satisfy their request and help them build a Church, in which they and future generations would be able to pray and glorify the Creator and thank Him for finally hearing our prayers and helping Ukraine to become a free nation after 300 years of bondage and "to become proprietor of one's own house and manager of one's own field."(Ivan Franko) Additionally, this free Ukraine had just adopted her own constitution on June 28, 1996, a guide and confirmation of the rights and freedoms and responsibilities of its citizens. And for these reasons, in this new temple, God's House, it behooves us to pray and humble ourselves, and honour and love one another, including our brothers and sisters, who, historically, have strayed from the righteous path indicated to us by our King Volodymyr the Great in 988 AD and who eventually will join us at the pearly gates, whose keeper is St. Peter.

"And so, I greet you on behalf of our whole family in Canada and wish you good health, a good measure of patience, and boundless love for one another, because Christ is love. Let us follow his example inasmuch as possible for us, sinners. All the best! May God grant you all many blessed years!

This was followed by the blessing of water, the church plot, and those present; performances and greetings by the well-prepared school children, expressed gratitude to the choir from Hlyniany and their conductor for the melodious singing, and thanks to all those present. Then, we proceeded to the feast, as we were, by that time, ready for refreshments and in need of a break. All of the clergy and some guests drove by way of the new road to Koniply to Volodymyr Karpa's, where our hostesses prepared and served a lot of delicious food—a late lunch or early supper—accompanied by a fair number of toasts, as this was a feast day in Trudovach. Who said there is no food in Ukraine? We discovered quite the contrary. After a tasty, varied and noisy meal, the guests continued to converse and get acquainted and, at last, they wished each other farewell and headed for home. The good Rev. Father Bohdan Pyrih drove us back to our suite in L'viv.

Замітка редакторки: Будова церкви була завершена після того, що Павло й Наталка вернулися до Канади. Тільки Наталка бачила викінчену церкву коли вона вернулася 1999 року, щоб поховати Павла в спеціяльному місці біля церкви. Рік пізніше, парафіяни поставили на його могилу камінь прикрашений його портретом.

Editor's note: The construction of the church was completed after Paul and Natalka returned to Canada. Only Natalka saw the finished product when she returned to Ukraine in 1999 to bury Paul in a special grave prepared for him next to the church. A year later, a handsome gravestone was erected upon his grave, graced with his portrait.

Др. Павло Кіт
Dr. Paul Kit

SHOPPING, GROWING & HARVESTING SEEDS

FROM ANNUALS, PERENNIALS & BIENNIAL VEGETABLES; SAVING YOUR SEEDS, BULBS, AND TUBERS DURING THE CRAZY DAYS OF COVID-19

COVID-19 and its impact. As I write this article, we are still in the midst of COVID-19. With the restrictions of this pandemic, and extra time at home, more and more people are completing tasks on their to-do list or creating make-work projects. Gardening for the pros is on-going, but now the amateurs and novices have taken up gardening, canning, cooking, baking, and preserving. As a result, demand has outpaced supply. First it was a shortage of flour, yeast, vegetable seeds, onion and potato sets; now freezer bags and storage bags are unavailable. Pickling cucumbers are both pricy and in high demand at farmer's markets. Steven's Strawberry you-pick farm turned away customers by noon as the acres of strawberries were picked for the day. The line up to pay for strawberries took over an hour. Garden cultivators are sold-out and purchasing parts to repair the old cultivator is a challenge. These things are frustrating, but not as heartbreaking as life-changing events such as losing one's job, the foreclosure of one's business or losing one's parent, spouse or child as a result of COVID-19. Through all of this we persevere, endure and continue our lives within the restrictions keeping us as safe as possible. The silver lining of this deadly pandemic is that all of us have the gift of time – time to expand our skill set and build capacity and discover some of our hidden talents. If we harken back to the days of our forefathers and pioneers, what lessons can we learn?

Content. In this article, I will write about saving seeds of annual, perennial and biennial vegetables and flowers, as well as saving tubers and bulbs of dahlias, canna, begonia, onion and garlic. In addition, I will share ideas about what to do with the extra supply of garden produce and fruit to assist with some of the issues of supply and demand, keeping in mind the community spirit of our forefathers. Prayer, gratitude,

and faith in God brought peace, strength, and solace to our forefathers through times of hardship. We, too, can benefit from these tools.

Pioneer spirit and survival. In the 1900's, families worked together, helping each other, sharing and exchanging goods to make it through the seasons. Their interdependence, cooperation, willingness to share their talents and gifts, and their perseverance and self-sufficiency sustained them.

Pioneer gardens were plentiful and a necessity in every household, as this was the food source until the next gardening season. Meadows and forests provided food sources such as mushrooms, wild blueberries, strawberries, saskatoons, gooseberries, and highbush cranberries. The root cellar was stocked with root vegetables, potatoes, and sealers of fruit, vegetables and meat. Besides canning and preserving vegetables and fruit, our Baba and Pra-Baba collected and saved heritage seeds, bulbs and tubers; shared cuttings of plants, divided perennials and planted strawberry, raspberry, currants, and crab-apple trees. Today, perhaps more of us can continue this tradition to supply our pantry.

Things to know when collecting seeds. Plants are annual, biennial or perennial and are either self-pollinating or cross-pollinating.

Self-pollinating vegetables such as lettuce, beans, grains, tomatoes and peppers have both a male and female part in each flower and do not need to be isolated, as each will reproduce "true" to its parent plant.

Cross-pollinating requires wind or insects to carry pollen from one flower to another. If you are saving seeds, grow only one variety of broccoli or corn, as members of the same family blooming at the same time will cross-pollinate, producing seeds lacking purity.

Annual plants produce flowers and seeds in the same year. Annual seeds that I save are peas, beans, broad beans, and poppy seeds. Broad beans both cross-pollinate and self-pollinate. When I grew Windsor Bean and Long Pod next to each other, this produced both big and small seeds as a result of cross-pollination of the two.

Other beans are self-pollinating. Growing different sizes, shapes and colours of drying beans is intriguing. Some of my favorite dry bean varieties are Odawa, Scarlet Beauty, Old John, Barlotto, Great Northern, Montezuma Red, Agate Pinto and a cream-coloured bean with a grey eye that my parents grew. It is similar to Russian Soup, but is bigger.

My mother saved her favorite Ox heart tomato seeds. She picked the best Ox heart tomato and put it on the windowsill until it was very ripe and then cut it and separated the seeds from the flesh. She left the seeds on a paper towel or saucer to dry, then stored them until planting time next season.

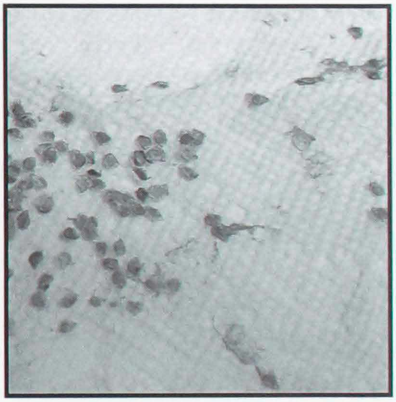
Some sources suggest that the tomato seeds and gel be squeezed out into a jar and left to ferment for a few days (Queirolo, 1997; Jason, 2020.) Then strain, wash, and allow the seeds to dry. Label, date and store your seeds in a cool, dark place. Use the same technique to save cucumber seeds.

Orache 'Golden,' known as'Натина,' is used for 'голубці' or rice rolls and is another annual that self-seeds if left until the seed head forms. Orache 'Golden' and Orache 'Magenta Magic' seed heads are sometimes used in floral arrangements.

Some annual garden flowers such as Amaranth 'Pygmy Torch', Lamb's Ear, Lavatera, Californian poppy, Marigold and other floral poppies are prolific producers of seeds.

Perennials continue to produce seeds every year. In our garden, asparagus, rhubarb, sorrel, and lovage, produce seeds annually. This year the horseradish set some blooms as well. Some other perennial herbs that go to seed are oregano, lavender, thyme, chives and garlic chives.

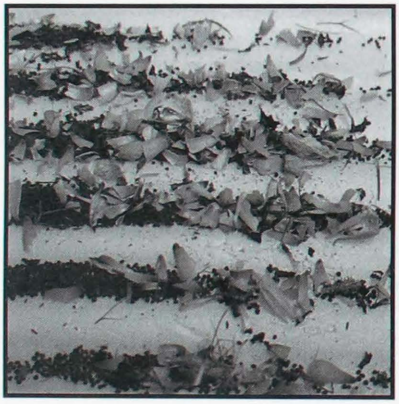
Above left to right: Broad Bean seed collection lacking purity due to cross-pollination of more than one variety of Broad Bean; 2005 Bean patch with different varieties; Samples of bean collection;



Above left to right: French Breakfast radish seed pods; Sugar Ann Edible Pod – the tastiest and earliest; Hungarian Heart tomato seed drying on paper towel

Above left to right:Orache 'Golden' seed head; Orach e 'Magenta Magic' seed head; Amaranth 'Pygmy Torch' in the forefront

Above left to right: Garlic chive blossoms; Garlic chive seed heads opened and empty and black seeds; Lovage seed.



Above left to right: Lamb's Ear 'Stachys Lanata' seed pods, seeds; Crushed Lamb's Ear 'Stachys Lanata' seed pods; Sifting and separating Lamb's Ear 'Stachys Lanata' seeds from debris.

Above left to right: Carrot blossoms; Seed head of carrot still maturing; Poppy, paprika seeds; garlic and shallot bulbs

Some garden flowers such as delphinium, lamb's ear, globe thistle, columbine and oriental poppy are examples of perennials that produce an abundance of seeds.

Biennials produce seeds in the second year of growth. Biennial vegetables requiring two years to set seeds are carrots, parley root, parsnip, beets, cabbage, cauliflower, rutabaga and turnip. In more northern areas, these vegetables require digging up, storing in a cold room and replanting the following spring to produce seeds. In the summer of 2019, I planted a short row of 'Rainbow' carrots in our back yard and left them in the ground over winter. These carrots came up in spring and produced huge flowers, resembling Queen Anne's lace, growing, maturing and forming seed heads.

Biennial flowers that also produce a lot of seeds are Sweet Williams, Hollyhocks, Dianthus Clove Pinks, and Lunaria.

Viability of seeds. After the seeds have dried and I have sifted out the debris, I store my seeds in jars and spice bottles and keep them on a shelf in the basement or store the smaller bottles in a camping cooler in our cold room. Since longevity of poppy seed is short, I plant 'Prezmenko' poppy seed every second or third year as this low opium poppy is no longer available at Johnny Select Seed catalogue. Onion seeds also only last from one to two years. Parsley seeds are short lived as well. Cucumber seeds are listed as having a life of six years, but that has not been my experience. Variability of suggested times of viability of seeds probably depends on storage conditions and length of storage time. Don't forget to label the seed containers with the date and name of item.

Saving bulbs, tubers and corms. When the shallots, multiplier onions and garlic are cured, I select my planting stock for next spring. We grow Silverskin soft-neck garlic that is suitable for spring planting. Most hard-neck garlic has a short shelf-life and requires planting in the fall. Russian Red garlic is the exception.

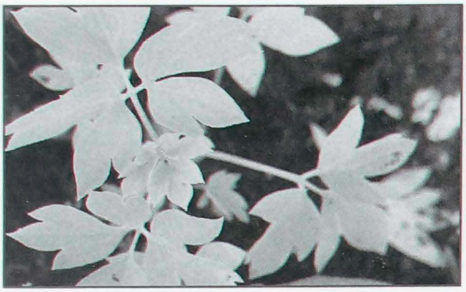
About three years ago, I planted seeds of Begonia 'Santa CruzTM Sunset and at the end of the season saved the tuber and replanted it each spring. This begonia is easy to grow from a cutting.

Dahlia was a common flower in the pioneer garden. Tubers, bulbs and corms of dahlia, canna, begonia and gladiolas require digging up after the first frost. Lay these in a well-ventilated area to cure, then store them in a tub of peat moss or sand in a cold room. Don't forget to label the items. Pot these in early spring before planting them in your garden for an early bloom.

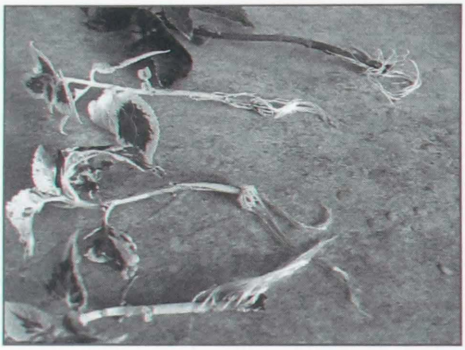
Plants that can be started from cuttings. Basil or coleus can be started from cuttings. Cut a branch off the parent plant, strip off a few bottom leaves and leave the slips in water about two weeks until roots appear. Then pot the slips in potting soil. Slips from the begonia and geranium plant can be dipped into rooting powder and placed in potting soil. I remember my grandmother starting African violets and Fuchsia with slips that she placed in soil and covered with a small glass.

Volunteer plants. Often, we rush to clean out the garden and flower beds, and with it we clear out seeds that are there in abundance. Or we ignore the seeds and they self-seed the following year. Dill and cilantro are volunteer plants that like to grow in the next gardening season.

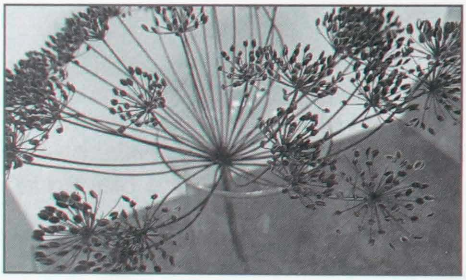
These are easy to cull out if we don't want them in garden. Some plants are very invasive, such as the Sunberry. Mowing the plants down in the fall is not a good idea, as every year,



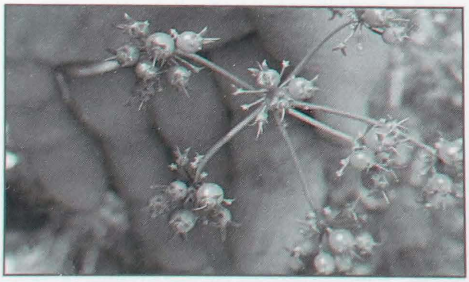
Lime coloured self-seeded bleeding heart



Two weeks later coleus established roots



Dill seed head



Cilantro seed head

more volunteer Sunberries come up. Sometimes we can be surprized and pleased to find volunteer plants, such as lime-leaf coloured Bleeding-Heart plants, especially when collecting seeds is difficult.

Atomic Red Carrots. This summer I planted a short row of Atomic Red carrots. These are not good storage carrots, so I scalded them for four minutes, chilled and packaged them for the freezer. The colour is more red-orange.

Recipe

Dilly mashed potatoes, carrots and rutabaga (Catherine Klassen, 2009)

Ingredients:

5 cups diced Prince of Orange potato or other yellow fleshed potato
2 cups cubed Atomic Red carrots or variety of your choice
2 cups cubed Swedish turnip
2 tablespoons butter
¼ cup sliced green onion
¼ cup chopped fresh dill
½ cup sour cream or plain yogurt
½ teaspoon salt
¼ teaspoon pepper
½ cup cheddar cheese grated

Method:

Boil the carrots, Swedish turnip and potatoes separately. Lightly sauté the green onions and dill in melted butter and add to the drained vegetables. Add the sour cream or plain yogurt, salt and pepper. Mash and stir until all blended. Pour the mashed and seasoned vegetables into a 2-quart casserole dish. Sprinkle with grated cheese over top and bake uncovered for 30 minutes.

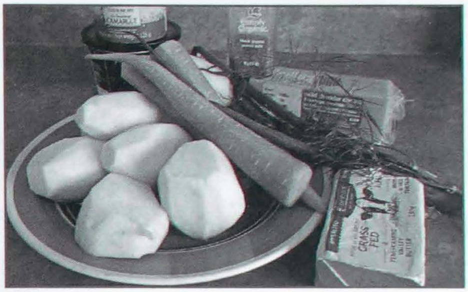
Extra Produce and Fruit. Some gardeners share extra produce such as string beans, peas, cucumbers, squash, zucchini, and other vegetables with neighbours, friends and relatives or give the extra produce to the food bank, a soup kitchen, or a school lunch program. Often, back yards have rhubarb and fruit trees laden with berries, cherries or apples that have not been picked.

In Edmonton, check out the website for information on picking fruit: https://operationfruitrescue.org/volunteer/fruit-picker-guide/ . In the future, when you have a fruit tree that you have no time to pick, contact the Operation Fruit Rescue Edmonton (OFRE) and volunteers will pick all the fruit. It is then divided so that ¼ goes to the home owner, ¼ goes to the Edmonton Food bank or other charitable organization, ¼ goes to the volunteer fruit picker and ¼ goes to OFRE for processing. The above website also lists similar fruit sharing organizations across Canada.

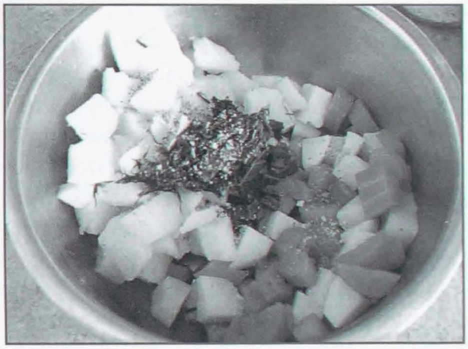
COVID-19 has placed extra pressure on the food banks across Canada. Initiatives such as Leftovers Edmonton and Flashfood have diverted wasted food to emergency relief. The issues of food security require a strong coordination between government, farmers, supermarkets and local gardeners.

These are unprecedented times requiring a miracle. On October 14, we celebrate the Feast Day of the Protectress and Most Holy Birthgiver of God. Through Mary's intercessory prayers, we ask the Mother of God to extend her protective veil covering, *omophorion*, over all of our people and pray intercessory prayer on our behalf, that all mankind can be rescued from COVID-19 and may this pandemic be extinguished forever. Amen!

Vivian Skakun (Photos and article)

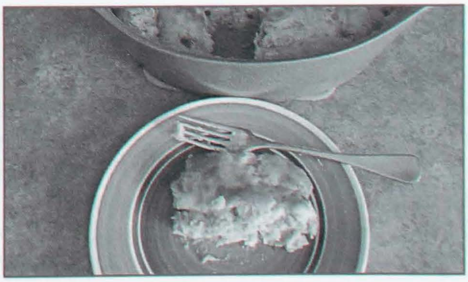


Ingredients for Dilly mashed potato, carrots and rutabaga



Cooked ingredients ready to mash

Ready to bake casserole

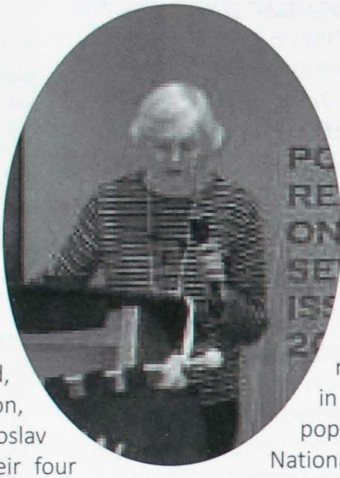


Cut and ready to serve dilly mashed potato, carrot and rutabaga

Resources

1. Jason, Dan. "How to Save Seeds" Salt Spring Seeds (Oct. 9, 2014) website: saltspringseeds.com
2. Klassen, Catherine. "Dilly Mashed Potatoes." *Simply in Season.* Mary Beth Lind and Cathleen Hockman-Wert. (Waterloo, Ontario: Herald Press, 2009) 263. This recipe has been adapted.
3. Queirolo, Joe. "Save Today, Sow Tomorrow; Harvest seeds and preserve your garden's heritage" *Kitchen Garden: Growing and Cooking Great Food.* no. 11 (November 1997): 56-59.
4. Sirajee, Reshma and Kabir Nadkarni. "We all can help build a better food safety net: The COVID-19 pandemic ushered in a perfect storm for food banks." *Edmonton Journal.*(August 25, 2020).

Luba Afrodite Podolsky 1929-2020



Luba died as she lived, with courage, dignity and compassion for others. She was born on January 11,1929 in Hafford, Saskatchewan and grew up in Hamilton, Ontario. Her parents were Reverend Myroslav and Anna Podolsky. The second of their four children, Luba cared for the family from the age of 16, following the death of her mother. She graduated from McMaster University in 1949 and became a registered medical technologist at St. Joseph's hospital laboratories until a move to Ottawa in 1957, where she worked at the Laboratory of Hygiene, Ministry of Health, until 1962. While caring for her ailing father, Luba obtained a Master of Education degree from the University of Ottawa in 1965 and began a career as a science teacher at Hillcrest High school. She took early retirement from teaching in 1989 and volunteered at CHEO (Children's Hospital of Eastern Ontario) in genetics research for several years. Following a move to Oakville to be near her brothers and their families, Luba volunteered at Oakville Trafalgar Hospital and was an integral part of community and family life. Throughout her life, Luba was frugal with herself and generous to others. A problem solver, a doer, she sent supplies to distant family members living in then communist Poland and Ukraine and was an advocate for women's rights through the Status of Women Canada. She coped with lifelong physical disability without complaint or compromise. Resolutely independent until the end, Luba made the world a better place by her presence. Her footprint on the earth was light, but her influence and example far-reaching. She will be much missed. Luba was predeceased by her sister, Vera Pederzoli (2002), and her brothers, George Podolsky (2010) and Terrence Podolsky (2011). Her memory will be dear to the many family members left to mourn her passing. At Luba's request, no funeral service was held.

As the Vice President –Seniors' Issues for the Provincial Council of Women of Ontario, Luba Podolska researched, wrote and presented reports and resolutions dealing with seniors' issues. She spent her retirement years advocating for seniors through this and other agencies. She recognized that the senior demographic in Canada was growing in proportion to the population. Luba deemed it important that the National Council of Women of Canada promote good lifestyle choices for seniors.

Luba's reports included strategies and information, which have proved beneficial to all seniors, particularly women. She identified numerous issues of interest to seniors such as the right to choose medical treatments, the right to determine end of life, palliative care, problems related to senior care, senior facilities, home care, senior votes, housing needs, decline in lifestyles. In one of her reports, she declared "that agencies for profit in health care will not work". She further stated that, "As health care spending comes under close scrutiny at the provincial level, we must continue to monitor proposed changes that will affect seniors and lobby for evidence-based, cost-effective programs that will improve health outcomes."

Luba always kept the PCWC up to date with current senior issues. She was also an active UWAC member, both in Ottawa at the Lesia Ukrainka Branch and, most recently, at the Sophia Rusova Branch in Etobicoke (Toronto). As recently as this past February, she drove from Oakville and volunteered at a fundraising event at St. Demetrius Sobor.

Luba was often heard to say, "keeping active physically, mentally and socially is of prime importance to seniors."

The Ukrainian Women's Association of Canada is deeply saddened at the passing of Luba Podolsky. May her memory remain eternal. "Вічна їй пам'ять!"

Submitted by Darcia Moskaluk-Rutkay

Jean Romanchuk 1938-2020

On July 11, 2020, Jean Romanchuk, dear Mother, Baba and Sister, passed away at the age of 82 years.

Jean is survived by her two daughters, Melanie (Mark) Harrison and Monica (William) Boyko; grandchildren, Brittany, Brianna, Aurora, Bridgette, Aidan, Aaron and Brilynne; siblings, Vi Chamaschuk and Ernie Korol; nieces and nephews; godchildren; extended family and friends. Jean was predeceased by her husband, Anthony; and parents, John and Lena Korol.

Jean joined the St. John's Cathedral Branch of the Ukrainian Women's Association of Canada in 1979 and raised her daughters in the parish. Over the years, she supported many parish events. A widowed single mother, Jean attended church faithfully and Melanie and Monica became lovely symbols of our Sunday School. They, in turn, have become members of Soyuz and have raised their children in our parish.

Jean attended church services even when her health was deteriorating, most often with her grandchildren—a proud Baba to the end.

Due to COVID-19 restrictions, attendees at her prayer service had to respect social distancing guidelines. A private Funeral Service was held and Jean was interred in Evergreen Memorial Gardens in Edmonton. May she rest in peace!

Submitted by Leona Bridges

Elaine Salamon, Margaret Pestrak and Mary Maruschak

In the past year, the Manitoba Provincial UWAC Executive sadly lost three long-serving members:

- Elaine Olesia Salamon, 2nd Vice-President and Outreach Officer to Manitoba Branches, fell asleep in the Lord July 1, 2020.
- Margaret Pestrak, Ukrainian Museum of Canada UWAC, Manitoba Branch representative fell asleep in the Lord Dec. 6, 2019.
- Mary Maruschak – Member without Portfolio and Telephone Committee Member, fell asleep in the Lord April 12, 2019.

We remember and honour the many years of dedicated service each of these members devoted to the Ukrainian Women's Association of Canada and to the Manitoba Provincial Executive of UWAC. May their memory be eternal! Вічна їм пам'ять!

Submitted by Val Noseworthy, Winnipeg, MB on behalf of the Manitoba Provincial Executive

Pearl Ann Shopik

Pearl Ann Shopik was born November 27, 1942, the youngest of eight children, to Harry and Katie (Topolnisky) Shopik. She attended Cherowci School and completed her high school education in Andrew, Alberta. Pearl moved to Edmonton and attended MacTavish Business School, after which she obtained employment in a law office for several years. One night at a dance in Andrew, she met Mike Witwicki and they married in 1963. They had two daughters, Cathy and Joanne. Pearl worked in Edmonton at Army and Navy, Hudson's Bay restaurant and then at RJA Medicentres, from which she retired after 25 years of service.

Pearl was a very hard worker her whole life, including as a volunteer, working fundraisers for her girls' school events. Most of her evenings were spent doing petit point and embroidering Ukrainian dancing costumes for Cathy and Joanne. Pearl had a talent for sewing, but she also had a talent for cooking. One of her favourite things to do was to prepare traditional Ukrainian Christmas Eve dinner for friends and family.

Pearl was a member of St. Elia UOC for over 40 years. She sang in the choir, went carolling, was on the church council, and was even the parish caretaker for a period of time. She was also a director of the Alberta Benevolent Cantors' Association. Pearl was a member of the Ukrainian Women's Association of Canada Lesia Ukrainka Branch for 20 years and coordinated many Christmas and Easter Bake sales. She was certified to have successfully completed Food Sanitation and Hygiene as required under the Public Health Act 'Food and Food Establishment Regulation' of Alberta Health and Wellness. For approximately 10 years, Pearl organized the Perohy suppers at St. Elia and coordinated the holubsti making workshops, including purchasing and processing all the cabbage for sweet and sour cabbage rolls. In addition, she bought all the dry goods for the kitchen. Pearl also belonged to the St. Nicholas Russo-Greek Orthodox church at Wostok, Alberta, where she would attend services and help with fundraising.

Being brought up in a farm setting, Pearl ALWAYS had a garden of her own from which she harvested and made preserves. The bounty of her gardens provided her with comfort and pride. She was a very pleasant, caring person and would lend a hand to anyone. In 2012, Pearl had heart surgery. As her health declined, she moved into the Millennium Seniors' complex where she enjoyed the daily activities, her favourites being cards and bingo.

Pearl passed away peacefully on July 15, 2019 at the age of 76 years. She is predeceased by parents Harry and Katie Shopik, siblings John, Metro, Mike, Nick, Bill, Mary and Lovetta, ex-husband Mike J. Witwicki and loving partner, Alexander Shipka. Pearl is remembered with love by daughters Cathy Baptista and Joanne Witwicki, son-in-law Victor Baptista, grandsons Victor Jr. and Evan Baptista, as well as numerous nieces, nephews and cousins. Prayers and Funeral Service were held at the Ukrainian Orthodox Church of St. Elia with interment at Bukowina Cemetery, Wostok, AB.

Submitted by UWAC Lesia Ukrainka Branch at St. Elia, Edmonton, AB

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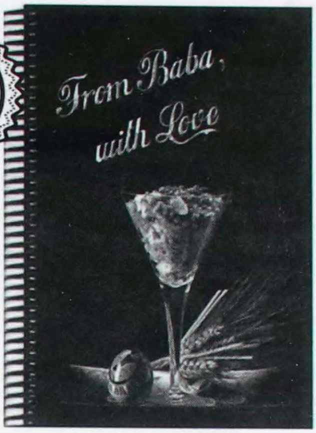

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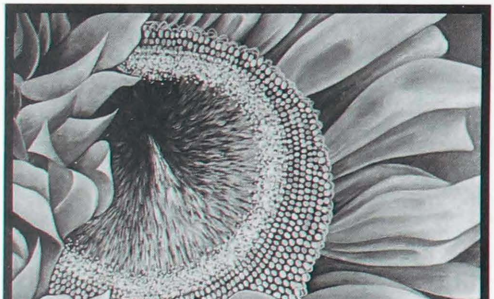

Erin Haugen
Visual Artist

Facebook:
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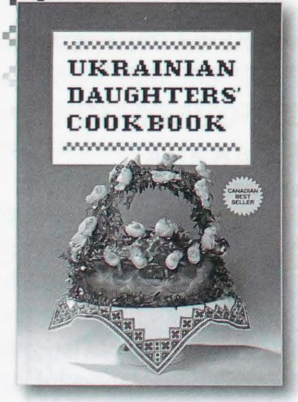
St. Paul, AB
587-252-3410
ehaugen@hotmail.ca

Image: *'Come Hither'*
Acrylic on Canvas

Ukrainian Daughters' Cookbook



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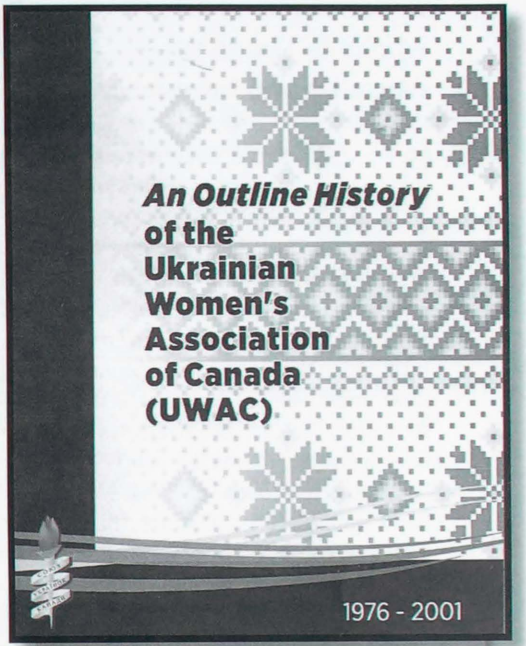

Ordering information for History Book

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Artist in the Spotlight – Michelle Loughery— Muralist and Innovator

Michelle Loughery is the internee descendant representative on the Canadian First World War Recognition Endowment Fund Council. Her great grandfather, Ivan Sanyshyn and great Uncle Steven were interned in the Banff/Castle Mountain internment camps. However, first and foremost, she is an award-winning international muralist, who uses a unique approach to create large-scale free hand public art installations that bring capacity building, communication, education and healing opportunities to communities. Notable pieces include the Vernon Mural Project (1999-2005), the Canadian Country Music Hall of Fame Mural Project, the Sunflower Project and the Route 66 Mural City Project. She is a recipient of the BC Achievement Award and is currently working on a digital art connection project called AR.T ROUTE BLUE. Her 9/11 mural commissioned by the Brooklyn Fire Department is on photographic display in the Smithsonian Museum. Her work is found in collections around the world and her encaustic (using pigments mixed with hot wax that are burned in as an inlay) and large contemporary portraits are widely sought after.

Michelle was born in the community of Michel-Natal in the Elk Valley in southeastern British Columbia in 1961, but her family was relocated to the nearby mining town of Sparwood when the community of Michel-Natal was dismantled by the provincial government in the 1970s.

Like Theo Harasymiw of Edmonton, who creates community mosaic projects, Michelle is an artist, whose entrepreneurial spirit led her to create community murals. More than twenty years ago, Michelle, along with Chris Rowland, then a member of the Downtown Vernon Association, came together to renew and revitalize the downtown core of Vernon, BC. Their project brought together local non-profit organizations and government agencies with a view to combine art with Loughery's Youth Life and Employability Skills Program. The project was a success! Young people were employed in creating thirty wall murals throughout the town and Vernon acquired a sense of community that had never before existed.

Today, Michelle Loughery is deemed a pioneer by those who aided the project and by the artists and at-risk youth who took part. A number of the participants followed in her footsteps, pursuing mural-based art in other communities.

The project impacted tourism and the economy. Guided walking tours of Vernon to view the murals are still conducted today with locals and visitors learning about Vernon's history through art. What began in Vernon picked up momentum and started a movement. Mural cities began popping up all over North America.

"The murals were about renewing the Vernon downtown," said Loughery, reminiscing about various stories from her days on the wall and boasting about her students — many of whom

have since leveraged the skills they learned through the project into successful careers. One of the murals honours Canadians who were interned during and after World War I in camps like the one in Vernon. In total, 8,579 men, women and children were branded as "enemy aliens" and interned, including at a camp in Vernon at what is now MacDonald Park and W.L. Seaton Secondary School.

Loughery's twenty-first century incarnation of community art is a new App called AR:T Finder, Generation II. Through this digital medium, young people are encouraged to tell their stories through art. Loughery explains that, "The new medium is digital and the app is just the brush." The app is a new way to engage with youths, provide digital training and engage rural communities. Loughery's AR:T Route Blue Project has formed an alliance with Explore Gold Country, Kamloops Tourism and Vernon Tourism and will involve other artists and organizations. Podcasting and geo-art tours are also part of the plan.

The government of Canada has funded Michelle's projects throughout the years. No wonder! Thanks largely to her, mural art has become a global industry and a huge tourism and economic driver.

The Sunflower Project 2020

One of Michelle's latest projects shows that artists are creative architects, who can guide communities through the Covid19 pandemic, creating healthy and dynamic spaces once again. The AR:T Route Blue database can provide a connection to these artists.

The Sunflower Project is a campaign under the **AR:T ROUTE BLUE** movement, using the symbol of the sunflower as a light to a renewed creative economy. The pandemic has been hard on all of us and this project brings artists together to support change. It pays tribute to Canada's roots. Seed one has been planted at Mile O, in Cache Creek, BC, symbol of the historic BC Gold Rush. It was planted on June 20, 2020, commemorating the 100th Anniversary of the end of internment for Canadians. From 1914-1920, the federal government interned thousands of Ukrainians, Bulgarians, Croatians, Czechs, Germans, Hungarians, Italians, Jews, various peoples from the Ottoman Empire, Poles, Romanians, Russians, Serbians, Slovaks, and Slovenes, among others, most of them Ukrainians and most of them civilians.

Michelle is encouraging artists to work with communities to create, from industrial debris, public art stops. The idea is to begin by planting sunflower seeds at these stops.

"As we plant the seeds for recovery, let us #blossomBC. For the first time in digital history, the world is experiencing a global sense of individual and community 'internment'. As the world emerges from Covid19, the Sunflower Project campaign seeks to connect #PeoplePlacePlanet."

The sunflower symbolizes not only strength and beauty, but the importance of food security. All Canadians are invited to contribute to a national planting campaign as we move towards recovery and renewal of our economy following the restrictions placed upon people worldwide due to the coronavirus.

Michelle Loughery is an artist, who values the sacrifices of her ancestors. Her visions for the future of Canada, for economic advancement are inspirational.

Learn more about Michelle Loughery by visiting her website and more about the internment and the Endowment Fund at www.internmentcanada.ca.

Researched and prepared by Leona Bridges

1. www.michelleloughery.org
2. www.en.wikipedia.org
3. www.vernonmorningstar.com/author/brieanna-charlebois/
4. www.internmentcanada.ca
5. www.thesunflowerproject.ca/wayfinder/
6. www.armisticefilms.ca

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